

1924 MAR 8

# CALIFORNIA STATE BOARD OF HEALTH

## Weekly



## Bulletin

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Entered as second-class matter February 21, 1922, at the post office at Sacramento, California, under the Act of August 24, 1912.

Acceptance for mailing at special rate of postage provided for in Section 1103, Act of October 3, 1917.

Vol. III, No. 2

FEBRUARY 23, 1924

GUY P. JONES  
EDITOR

### Health Officers Urge Public to Cooperate.

Several California health officers have, during the past few weeks, made direct appeals to the people of their respective communities for cooperation in the control of communicable diseases.

Dr. G. L. Long, health officer of Fresno County, in presenting his monthly report to the board of supervisors, said: "The greatest difficulty in controlling the spread of any contagion is the indifference of some people as to their responsibility. When persons send their children to school, broken out with any kind of an eruption, without being first advised by some competent authority as to whether or not it is contagious, they are committing an act against society which is at least morally wrong if not legally so, and should not be condoned by anyone."

At about the same time, Dr. C. C. Owen, health officer of San Bernardino, appealed to parents to aid the local health department in the enforcement of quarantine laws. He stated that he believed the increased prevalence of communicable diseases in his community was due to the action of parents who attempted to avoid quarantine. Dr. Owen said that people who fear quarantine, generally, do not realize that in many diseases the entire house is not placed under quarantine; that in many diseases, the room in which the patient lies constitutes the whole quarantine

area, and that quarantine is maintained only for the public good.

It is certain that if health regulations were always willingly complied with, there would be a greater tendency for making the requirements as lenient as possible under the circumstances. Laws have to be made more stringent in order that the majority of people, who consider the rights of others, shall be safeguarded properly against the minority who do not cooperate in the enforcement of health regulations. The development of a higher regard for the safety of others will go far in reducing the prevalence of communicable diseases and in making communicable disease regulations less stringent.



### More Cities Inaugurate Diphtheria Immunization.

Three more California cities are conducting campaigns for the immunization of children against diphtheria. Hayward, Alameda and Pleasanton are providing for the administration of toxin-antitoxin to the children residing in their respective communities.

Cities in the vicinity of San Francisco Bay are especially active in securing the immunization of children against diphtheria. Other cities are carrying on such programs, however, Glendale having started work along these lines early in the month.

At the rate with which immunization against this disease is progressing, there will soon be many thousands of children in California who are protected against diphtheria.



### Diphtheria Control in San Joaquin County.

A child residing in the southern part of San Joaquin County died of diphtheria during the last week of January. This was the first death from this disease to occur in the county since March of 1923.

Dr. J. J. Sippy, health officer of the San Joaquin district, which includes all of the urban and rural territory of San Joaquin County, called the attention of the people in his district to the fact that diphtheria is preventable and that no child should be permitted to die of this disease. In his public statement, Dr. Sippy said:

"With our modern knowledge of prevention and treatment, deaths from this disease seem inexcusable. When they do occur, they are almost always due to neglect, neglect either in securing prompt medical attendance or in failure of the medical attendant to make a prompt diagnosis, in other words, the chief cause is ignorance on the part of some one in failing to realize that every case of sore throat or tonsilitis is subject to a suspicion of diphtheria, and in which the suspicion can not be removed except by laboratory investigation of throat swab and culture. Parents should take no chances with any sore throat. They should call a doctor immediately and insist upon laboratory diagnosis. They should also insist upon diphtheria antitoxin in ample doses, for which it may not be absolutely necessary in every case, it can do no harm and it is better to be safe than sorry.

But why wait for children to have diphtheria? They can be made immune to diphtheria by toxin-antitoxin administered in three doses a week apart. These do not make the child sick nor does it harm in any way. The health office will administer it free of charge and every child from six months to ten years at least should have it.

Don't delay, for while the health department is doing its best to isolate every known or suspicious case or carrier, this death illustrates that it can not detect all of them and parents must recognize their own responsibility in giving children every protection possible."



There is one point in which all men might be born free and equal. That is in regard to health. If a child has clean blood, a good brain, and a mother who knows how to care for herself and for him, he is equal to any other child on the face of the earth.—Roosevelt.

### Take Steps Now to Prevent Botulism.

The recent deaths of twelve persons residing in Oregon, due to botulism contracted by eating home-canned string beans, emphasizes the importance of issuing another warning against the use of lax methods in packing and serving home-canned foods.

Investigations made by Dr. K. F. Meyer, acting director of the Hooper Foundation for Medical Research, University of California, and Consulting Bacteriologist for the California State Board of Health, indicate that the cold-pack method of home canning is often responsible for fatal cases of botulism. It is also a conspicuous fact that most cases of botulism have developed after eating string beans, asparagus, corn and spinach, vegetables which are commonly used cold, just as they come from the can, served in the form of salads. Home-canned vegetables should never be used without boiling. Spoilage can not always be determined by the appearance or odor of the canned product.

The home canning of fruits and vegetables will not start for several months, but it would be advantageous for health officers to issue early warnings against the improper home canning and use of such products.



Gold that buys health can never be ill spent.—Webster.



### Typhoid Carrier is Found on Dairy.

The presence of three cases of typhoid fever occurring on the same milk route in Tulare County, led to the discovery of a typhoid carrier conducting the dairy where the milk was produced. This man gave a history of having suffered from typhoid fever about twenty-five years ago. His two daughters contracted the disease about ten years ago. At the time of the recent appearance of typhoid on this milk route the father and two daughters were doing all of the work connected with the dairy.

Examinations made in the State Hygienic Laboratory proved that the daughters were not carriers. The father was proved to be a carrier, however. Upon learning of his status as a carrier, he immediately took steps to close out the dairy, and is now engaged in a business which does not require the handling of food intended for public consumption.



### Wants More Truth and Less Belief.

The Fresno *Republican*, in an editorial published recently, expresses the general demand for more facts relating to the control of communicable diseases. The editorial reads as follows:

No duty of the state to the individual is more peremptory than the duty of protecting the individual's health from contamination from the ill health of his neighbor. It is parallel to the right of police protection against crime and much more definite than the right of freedom from the allurements of vice. That ill health spreads has been known since the dawn of history. But the means by which it spreads and the proper measures to check the spread are still too vaguely known, in regard to most illnesses.

Whatever may be the facts about the vaccination treatment for smallpox and other diseases, not only should the laws for health protection be specifically carried out, and the authority of health boards be vigorously exerted, but those who are qualified to be expert observers should be ever vigilant to confirm and complete their knowledge. There has been manifest a tendency on the part of physicians to rely upon the "dogma" of medical knowledge, and too little care to humanize and generalize their knowledge for the benefit of their public. Physicians of the body, like physicians of the soul, have expressed too great a confidence in their "authority" instead of recognizing their duty continually to impart their experiences and the conclusions therefrom to their patrons.

If we are to have, because of public indifference to the practice of vaccination, a revival of smallpox in this state, this should do something more than strengthen the indignation of those who believe in universal vaccination and embitter those who oppose vaccination. It should result in more definite knowledge regarding the operations of disease and the success of various interferences with it. There should be expert and qualified observance of disease, by men of every previous prejudice of mind.

We should be guided by men who want to know the truth, not by men intent upon confirming their previously held beliefs.

If you have health you probably will be happy, and if you have health and happiness, you have all the wealth you need, even if it is not all you want.—Elbert Hubbard.

### Three Persons Made Blind by Smallpox.

Three residents of Pomona are said to have been made permanently blind, each of them in one eye, as result of smallpox. It is unusual for pustules to form in the cornea. According to Schamberg, but one case of this sort was observed in nine thousand cases of smallpox investigated. The formation of scar tissue on the cornea results in blindness of this type, which is generally permanent.

The health officer of Pomona, Dr. E. F. Fontaine, is conducting an active campaign for the control of smallpox in his territory. More than a thousand individuals have been vaccinated, and it would appear that the outbreak in Pomona has been checked effectively.

"The man with a concealed weapon is dangerous, but the man with an uncovered cough is deadly."

"A strong healthy body is a foe to colds as well as other forms of disease."—J. Mace Andress.

Parents and educators need a greater appreciation of the fact that children expend a vast amount of energy and strength in the process of growing. The importance of quiet, restful sleep during infancy can not be over-emphasized. The nervous system must be carefully guided against over-stimulation. Such care should commence early in infancy and continue throughout childhood.—Dr. Frances H. MacCarthy.

### MORBIDITY.\*

#### Diphtheria.

196 cases of diphtheria have been reported, as follows: San Francisco 64, Oakland 25, Los Angeles County 16, Long Beach 8, National City 5, Berkeley 10, Sacramento 8, Richmond 7, Alameda 7, Turlock 5, Oxnard 1, Palo Alto 2, Riverside 1, Alameda County 1, Burlingame 1, Stockton 1, Tracy 1, Merced County 1, Modesto 3, Fresno County 2, Whittier 1, San Fernando 1, Redondo Beach 1, Santa Barbara County 1, Exeter 1, Glendale 2, Sanger 1, Fresno 2, Ventura County 1, Hawthorne 1, Hermosa 1, Santa Ana 2, Santa Barbara 1, Santa Paula 2, Ukiah 1, Corona 1, Kern County 1, Redwood City 2, Alturas 1, Covina 1, Stanislaus County 2.

#### Scarlet Fever.

180 cases of scarlet fever have been reported, as follows: San Francisco 35, Los Angeles County 26, Kern County 18, Oakland 7, Fresno 8, Long Beach 5, Barstow 5, Pomona 8, Fresno County 8, Lassen County 5, Taft 5, Napa County 5, Burlingame 3, Siskiyou County 3, Alameda 1, Whittier 3, Sacramento 2, Vallejo 2, Lodi 1, Tracy 2, San Joaquin County 1, Stockton 2, Kern County 1, Tulare County 1, Visalia 1, Glendale 2, Sanger 1, El Dorado County 1, Ventura County 1, Santa Ana 1, Santa Barbara 1, Napa 3, National City 2, Marysville 1, Burbank 2, Orange

\*From reports received on February 18th and 19th for week ending February 16th.



County 4, Riverside 1, Chico 1, Stanislaus County 1.

#### Measles.

592 cases of measles have been reported, as follows: San Francisco 94, Berkeley 64, Riverside 58, Los Angeles County 31, Alameda 26, Kennett 7, Oakland 15, Imperial 7, Fresno 13, Angels Camp 9, San Luis Obispo 6, Glendora 7, Long Beach 7, Burbank 16, Eureka 14, Barstow 5, Oxnard 7, Yuba City 17, Yreka 5, Pomona 7, Fresno County 13, Modesto 11, Sacramento 16, Merced County 7, Tracy 5, Lindsay 16, Merced 8, Tulare County 7, Visalia 5, Siskiyou County 12, Burlingame 3, Del Norte County 1, Napa County 4, Bakersfield 4, Alameda County 1, Manteca 5, Lake County 3, Lemoore 1, Taft 4, Colusa 2, Vallejo 1, Lassen County 1, Solano County 1, San Fernando 2, Newport Beach 1, Willows 2, Daly City 1, Santa Clara County 4, Patterson 2, Plumas County 1, Sutter County 1, Palo Alto 1, Ontario 4, Orange County 1, Morgan Hill 1, South San Francisco 1, Madera 1, Lompoc 3, Napa 4, Butte County 1, Santa Ana 2, Santa Barbara 1, Ventura County 1, Monrovia 1, Fullerton 1, Turlock 2, Glendale 1, Humboldt County 2, Stanislaus County 3, Marin County 1.

#### Whooping Cough.

26 cases of whooping cough have been reported, as follows: Los Angeles County 5, San Francisco 1, Fillmore 2, Long Beach 1, Berkeley 2, Alameda County 3, Tulare County 4, San Joaquin County 4, Fresno County 1, Williams 2, Oakland 1.

#### Typhoid Fever.

9 cases of typhoid fever have been reported, as follows: Santa Ana 1, Los Angeles County 2, San Francisco 1, Redlands 1, Orange County 2, Oakland 1, California 1.

#### Smallpox.

164 cases of smallpox have been reported, as follows: Los Angeles 72, Long Beach 36, Huntington Park 6, Santa Monica 5, National City 7, Pomona 7, Colton 3, Ventura County 1, Hermosa Beach 2, El Segundo 2, San Francisco 1, Avalon 4, Burbank 1, Santa Paula 1, Orange County 3, Ontario 1, Riverside 1, Whittier 1, Torrance 1, South Gate 2, Redondo Beach 1, Siskiyou County 2, Imperial 1, Fullerton 3.

#### Cerebrospinal Meningitis.

2 cases of cerebrospinal meningitis have been reported, as follows: Santa Barbara 1, Modesto 1.

#### Epidemic Encephalitis.

2 cases of epidemic encephalitis have been reported, as follows: San Francisco 1, Stockton 1.

#### Poliomyelitis.

Crescent City reported 1 case of poliomyelitis.

A total of 259 cases of typhoid fever have been reported from Santa Ana exclusive of those which have been included in our weekly morbidity tables this year. These cases have been entered on our January records.

### COMMUNICABLE DISEASE REPORTS.

DISEASE	1924				1923			
	Week ending			Reports for week ending Feb. 16 received by Feb. 19	Week ending			Reports for week ending Feb. 17 received by Feb. 20
	Jan. 26	Feb. 2	Feb. 9		Jan. 27	Feb. 3	Feb. 10	
Anthrax.....	0	0	0	0	0	0	0	0
Cerebrospinal Meningitis.....	3	0	1	2	1	6	1	2
Chickenpox.....	349	443	497	256	150	168	189	175
Diphtheria.....	357	346	304	196	201	183	171	139
Dysentery (Bacillary).....	1	0	3	0	2	1	1	1
Epidemic Encephalitis.....	5	5	4	2	9	3	3	1
Epidemic Jaundice.....	0	0	0	0	0	0	0	0
Gonorrhoea.....	75	68	117	65	113	102	202	65
Influenza.....	50	49	63	23	185	277	663	821
Leprosy.....	0	0	0	0	1	0	1	1
Malaria.....	0	5	0	1	1	3	2	1
Measles.....	690	947	1054	592	247	255	322	269
Mumps.....	24	47	39	40	18	18	11	21
Pneumonia.....	103	104	90	56	92	100	114	105
Poliomyelitis.....	2	1	1	1	2	1	1	0
Rabies (Human).....	0	0	0	0	0	0	0	0
Scarlet Fever.....	364	360	308	180	151	151	193	173
Smallpox.....	320	374	395	164	10	15	21	11
Syphilis.....	69	56	178	59	134	120	214	75
Tuberculosis.....	155	202	201	112	149	185	188	122
Typhoid Fever.....	7	12	25	9	10	9	10	4
Typhus Fever.....	0	0	0	0	0	0	0	0
Whooping Cough.....	28	53	61	26	91	103	130	84
Totals.....	2602	3072	3341	1784	1567	1700	2437	2070

CALIFORNIA STATE PRINTING OFFICE